



# Avocado

## Avocado Egg Salad

### Ingredients:

Avocado  
Eggs  
Red onion  
Sweet pickles  
Mustard

### Cooking Directions:

1. Mash **6 hard boiled** eggs in a large bowl. Add **2 peeled, pitted and cubed** avocados, **1/2 cup** minced red onion, **3 tablespoons** chopped sweet pickles, **1 tablespoon** yellow mustard, and pepper to taste.
2. Mix all together, serve chilled.

### How to serve:

- Chilled on a bed of spinach, in pita pocket, or as is

Use **AVOCADO** in smoothies, baking, sandwiches, salads



# Blueberries

## Blueberry Farro Salad

### Ingredients:

Blueberries  
Farro  
Celery  
Bell pepper  
Olive oil  
Cumin  
Coriander  
Red onion  
Green onion  
Sunflower seeds  
Cider vinegar  
Maple syrup

### Cooking Directions:

1. Cook **1 cup** of farro according to package. Rinse with cold water.
2. Add **2 cups** blueberries, **1 cup** diced celery, **1 cup** diced bell pepper, **1/2 cup** diced red onion, **5 chopped** green onions, and **1/2 cup** unsalted sunflower seeds into farro.
3. Whisk **1/4 cup** cider vinegar, **1 tablespoon** maple syrup, **1/4 cup** olive oil, **2 teaspoons** cumin, and **1 tablespoon** coriander in a bowl and then toss into salad.

### How to serve:

- Side or appetizer
- Cold or warm

Use BLUEBERRIES in smoothies, salads, whole-grain muffins, or as a snack



# Blueberries

## Blueberry Ginger Relish

### Ingredients:

Blueberries  
Shallot  
Serrano chile  
Cilantro  
Lime  
Ginger  
Salt

### Cooking Directions:

1. In a medium bowl, combining **1 cup** coarsely chopped fresh blueberries, **1 chopped** shallot, **1 seeded and minced** serrano chile, **1 tablespoon** chopped fresh cilantro, **1 tablespoon** lime juice, **1 teaspoon** minced fresh ginger, and **1/4 teaspoon** salt.
2. Serve at room temperature or chilled.

### How to serve:

- Chilled over grilled meats, poultry, or fish

Use BLUEBERRIES in smoothies, salads, whole-grain muffins, or as a snack



# Mango

## Mango Ginger Relish

### Ingredients:

Mango  
Red onion  
Garlic  
Fresh ginger  
Cilantro  
Lime

### Cooking Directions:

1. In a medium bowl, combine **1 cup** chopped fresh mango , **1 chopped** shallot, **1 seeded and minced** serrano chile, **1 tablespoon** chopped fresh cilantro, **1 tablespoon** lime juice, **1 teaspoon** minced fresh ginger, and **1/4 teaspoon** salt.
2. Serve at room temperature or chilled.

### How to serve:

- Chilled over grilled meats, poultry, fish, or vegetables

**Use MANGO in jams, pies, salads, oatmeal, smoothies**



# Peaches

## Peach Pancakes

### Ingredients:

Peaches  
Eggs  
Buttermilk  
Oil  
Flour  
Sugar  
Baking powder  
Baking soda  
Salt  
Cinnamon  
Ginger

### Cooking Directions:

1. Blend **2 eggs**, **2 1/2 cups** buttermilk, and **4 tablespoons** oil. Combine **2 1/2 cups** flour, **2 tablespoons** sugar, **2 teaspoons** baking powder, **1 teaspoon** baking soda, **1 teaspoon** salt, and **1/2 teaspoon** cinnamon, and **1/2 teaspoon** ginger and add mix together.
2. Fold in **2 cups** ripe, peeled, diced peaches and let sit batter sit for 5 minutes.
3. Heat griddle, grease if needed, and spoon large spoonfuls of batter onto griddle. Flip pancakes and cook until brown on each side.

### How to serve:

- With toppings of choice, perhaps a scoop of plain Greek yogurt instead of syrup

**Use PEACHES in jams, pies, salads, oatmeal, smoothies**



# Watermelon

## Watermelon Gazpacho

### Ingredients:

Watermelon  
Red onion  
Bell pepper  
Cucumber  
Tomato  
Cilantro  
Red wine vinegar  
Olive oil

### Cooking Directions:

1. Place **1/2** chopped red onion, **1/2** chopped and seeded red bell pepper, **1/2** peeled and seeded cucumber, **1/2** jalapeno and **1/4 cup** cilantro into a blender. Add **2 cups** tomatoes. Add **6 cups** of chopped seedless watermelon.
2. Taste the gazpacho and add **1/4-1/2 cup** red wine vinegar to your liking. Whisk in **1 tbsp.** salt and **1 tbsp.** olive oil.
3. Remove from blender. Finely chop **the other half** of the onion, bell pepper, cucumber, and jalapeno and stir into gazpacho.
4. Garnish with sour cream, feta cheese, or avocado. Serve cold.

### How to serve:

- Cold as a summer soup

Use WATERMELON in fruit salads, in smoothies, as a juice